

# SUMMER FITNESS CLASS SCHEDULE

TIMES AND INSTRUCTORS SUBJECT TO CHANGE. PLEASE CALL THE SPA  
AT THE CRESCENT FOR MORE INFORMATION AT 214.871.3232

TIME	MON	TUE	WED	THU	FRI	SAT
7:30 AM	Strength & Conditioning Marsha	Yoga Stretch Tamara	Barre Basics Marsha	Total Body Stretch Elizabeth	Align & Balance Tamara	<b>*8:45AM</b> Water & Weights Tamara/Mari
9:15 AM	Barre Conditioning Mari	Aerobic Sculpt Marsha	Strength & Conditioning Mari	Aerobic Sculpt Marsha	Barre/Pilates Fusion Tamara	<b>*9:00AM</b> Yoga Stretch Elizabeth
10:30 AM	Spin + Intervals Mari	SHRED Tamara	Circuit Fusion Mari	Strength & Conditioning Tamara	SHRED Tamara	<b>*10:15AM</b> HITT CIRCUIT Tamara
12:00 PM	Upper Body Sculpt Erin	Lower Body Burn Erin	Yoga Mari	Core Stretch Tamara	Pilates Mat Pam	
4:45 PM	Body Matrix Lewis		Body Matrix Melinda			
5:45 PM	Cardio/Sculpt Erin	Yoga Flow Erin	Cardio/Sculpt Melinda	Pilates Mat Pam		



THE CRESCENT CLUB  
ATHLETICS & WELLNESS



# FITNESS CLASS DESCRIPTIONS

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**Aerobic Sculpt** – A combination of low impact aerobics and body toning using weights and other fitness props.

**Align & Balance** – A class focused on realigning your posture, improving feet, ankle and core strength to enhance your balance.

**Barre Basics** - Same benefits as class below at a lower intensity.

**Barre Conditioning** - This workout is designed to trim, tighten and sculpt your entire body. By using small, controlled movements, isometric holds and high reps to create a strong and lean physique.

**Barre/Pilates Fusion** – This class fuses the basic foundations of Pilates and combine them with ballet barre inspired moves as well as incorporating elements of dance, yoga and strength conditioning.

**Body Matrix** – This high intensity, heart pumping class incorporates plyo-metrics, sports drills, agility, strength and core in a one hour full body workout.

**Cardio/ Sculpt** - 60 min high energy class using a combination of cardio moves, weights, body weight and full range movements to strengthen tone and challenge the cardiovascular system.

**HITT CIRCUIT**- This High Intensity Interval training class is taught in a circuit format. It's designed to burn fat, build muscle and provide the maximum challenge on the total body. ( intermediate-advance levels)

**Core/Stretch** - Combines core exercises with total body stretching to enhance the mind body connection.

**Lower Body Burn**- This class is high intensity, using hand weights plus body weight to create a burn in all the major muscles in the lower body.

**PILATES MAT**- A traditional, classical pilates method focusing on core, posture, dynamic strength, elongation, and breath work.

**SHRED** - SHRED is a HIIT style-based workout combining short bursts of intense exercise with periods of rest or recovery. This class is one of the most effective ways to burn fat and leave you shredded in no time.

**Spin Intervals** – This is a high energy cardiovascular and weight training workout, delivers a challenging biking experience on our state of the art "TechnoGym" bikes.

**Strength & Conditioning** - Weight training class focused on improving muscle strength and endurance. (A variety of equipment may be used, weights, balls, tubing, etc.)

**Total Body Stretch**- A gentle stretch class designed to increase flexibility and range of motion throughout the whole body (chairs may be used as a prop).

**Upper Body Sculpt**- This class is a weight training class designed to improve muscle strength and endurance. All forms of resistance equipment will be used to challenge and sculpt the upper body.

**Water & Weights Fitness**- A high energy fitness class designed to challenge the body using the resistance of the water and specialized water weights. (1Hour)

**Yoga Flow** - This challenging yoga class uses flowing yoga poses to improve flexibility, strength and balance.

**Yoga** - This workout combines strength and flexibility exercises with a traditional asana practice to give you a full body workout.

**Yoga Stretch** – A slow non-impact soft yoga class designed to increase flexibility, improve breathing capacity and relaxation.